

Under 5
grams of fat

Under 10
grams of fat

Low Fat
Under 3 grams
of fat

Fat Free

**Calorie
Counter**
500 calories
or less

**Calorie
Counter**
300 calories
or less

**Calorie
Counter**
100 calories
or less

Just A
**Eat Well
Selection**
calorie, fat & sodium
smart choices

**Carb
Counter**
15 or fewer
grams of carbs

**Hold
The Salt**
No salt added

**Naturally
Sweet**
No sugar added

**Baked
Not Fried**
Just like
homemade

We use
**Zero
Trans Fat**
frying oil

Steamed
No butter, oil
or margarine

Organic

Made with
**Hearty
Whole
Grains**

**Good
Source of
Calcium**

Vegetarian

Vegan

**Locally
Grown**

**Very
Veggie**
Mom was right
eat your veggies